



JENNIFER M. GRANHOLM
GOVERNOR

STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING



MICHAEL P. FLANAGAN
SUPERINTENDENT OF
PUBLIC INSTRUCTION

**FISCAL YEAR 2007
CHILD AND ADULT CARE FOOD PROGRAM
OPERATIONAL MEMORANDUM #9**

TO: Child and Adult Care Food Program Institutions

FROM: Mary Ann Chartrand, Director
Grants Coordination and School Support

DATE: May 18, 2007

SUBJECT: Mealtime Memo for Child Care

Attached are three issues of the *Mealtime Memo for Child Care*. The titles are, "Fun Food Lessons," "Balanced Nutrition for Pre-School Children from the Meat/Meat Alternate Food Group," and "Balanced Nutrition for Pre-School Children from the Grains/Breads Food Group."

Developed by the National Food Service Management Institute, these publications reinforce the importance of the Food Guide Pyramid and emphasize that physical activity will help children grow healthy. Subsequent issues of the *Mealtime Memo for Child Care* will be provided when published.

If you have any questions regarding this memorandum, you may contact the Child and Adult Care Food Program staff at (517) 373-7391.

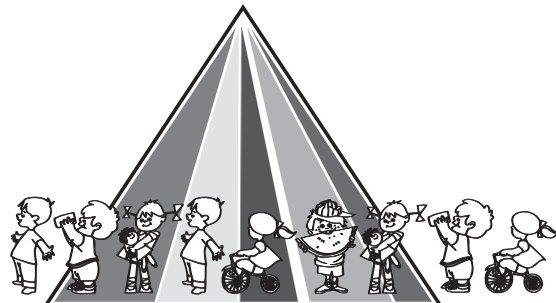
STATE BOARD OF EDUCATION

KATHLEEN N. STRAUS – PRESIDENT • JOHN C. AUSTIN – VICE PRESIDENT
CAROLYN L. CURTIN – SECRETARY • MARIANNE YARED MCGUIRE – TREASURER
NANCY DANHOF – NASBE DELEGATE • ELIZABETH W. BAUER
REGINALD M. TURNER • CASANDRA E. ULBRICH

608 WEST ALLEGAN STREET • P.O. BOX 30008 • LANSING, MICHIGAN 48909
www.michigan.gov/mde • (517) 373-3324

Mealtime Memo

FOR CHILD CARE



No. 3, 2007

Fun Food Lessons

Games and songs are fun ways to teach children about food and eating. Use these activities before or after you serve foods mentioned in the game or song.



Sing nutrition songs while cooking with children. Make motions to go along with the words of the songs. Small children who may not be able to sing all of the words will enjoy making the motions.

Tossed Vegetables Game

- Draw a tic-tac-toe board with nine blocks on a large poster board.
- Cut out pictures of vegetables from magazines and glue one in each block.
- Make a beanbag by putting one-half cup dried beans or peas in a zip-top plastic bag and close.
- Place the game board on the floor.
- Have the children stand in a circle a few feet away from the board.
- Let them take turns throwing the beanbag on the board. Have them name the vegetable. You can also have them name the color of the vegetable. Ask them to describe it (crunchy or soft, for example).

Fishing Game

- Place a string on the end of a blunt stick or wooden dowel, about two to three feet long.
- Tie a small magnet to the end of the string.
- Cut out pictures of foods from magazines (choose foods that are easy to identify and that you want your children to learn about).

- Place a large paper clip on each picture.
- Place the pictures face up on the floor.
- Allow the children to take turns fishing for food.
- Have them tell the name of the food they catch. Ask the children to describe the food.

Old MacDonald Song

Sing “Old MacDonald had a Farm,” but use healthful foods Farmer MacDonald may have grown in place of the typical animals.

*Old MacDonald had a farm, E-I-E-I-O,
And on his farm he had some carrots, E-I-E-I-O
With a yum, yum here and a yum, yum there,
Here a yum, there a yum,
everywhere a yum, yum.*

Old MacDonald had a farm, E-I-E-I-O.



Ask children to name other foods the farmer may have grown and sing another verse replacing carrots with the new food.

Good Snack Song

- At snack time, talk about how snacks give us energy between meals.
- Give children examples of healthy snacks.
- Lead children in singing the following song, to the tune of “Mary Had A Little Lamb,” filling in the blank with the day’s snack choice.

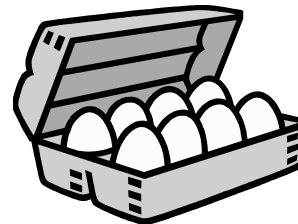
*A good snack for you and me,
you and me, you and me.
A good snack for you and me,
We’ll eat _____.*



Mealtime Memo FOR CHILD CARE

Baked Scrambled Eggs D-15*

Whole eggs, frozen 1 qt 1 $\frac{3}{8}$ cups
 OR 23 large eggs, fresh
 Instant nonfat dry milk, reconstituted 2 cups
 Salt $\frac{3}{4}$ tsp
 Margarine or butter (optional) 2 Tbsp 2 tsp
 Cheddar cheese, reduced fat, shredded (optional) 2 cups



Beat eggs thoroughly. Add milk and salt. Mix until well blended. Pour egg mixture into a 12"x10"x2" pan which has been lightly coated with pan release spray. Bake. Conventional oven: 350° F for 20 minutes; stir once after 15 minutes. Convection oven: 300° F for 10 minutes. DO NOT OVERCOOK. Heat to 155° F or higher for at least 15 seconds. Remove from oven. Stir well. Eggs will be cooked completely but still have a slightly moist appearance. Add margarine or butter (optional) and stir. Sprinkle cheese over eggs (optional). Hold for hot service at 135° F or higher. For best results, serve within 15 minutes. Cut 5 x 5. Portion is one piece.

Number of servings: 25

Serving size: 1 piece provides 1 large egg or the equivalent of 2 oz of cooked lean meat.



Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Orange juice Baked Scrambled Eggs D-15* Toast Milk 2%	Peach slices Bagel half Lowfat cream cheese Milk 2%	Banana slices Cheerios Milk 2%	Applesauce Vegetable omelet** Toast Milk 2%	Pineapple chunks French toast Milk 2%

*USDA *Recipes for Child Care*. Available online at www.nfsmi.org.

** Consider doing the tossed vegetable game today and discuss the various vegetables in the omelet. Consider including mushrooms, onions, tomatoes, green peppers, or others.

NOTE: Whole milk is recommended for children from 1-to-2 years old. Until they are 1 year old, infants should be served breast milk or iron-fortified formula.



Sources:

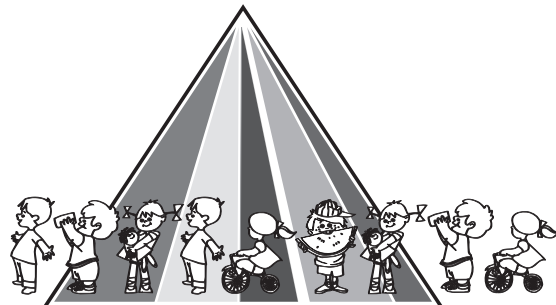
National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.

U. S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved February 28, 2007 from <http://www.nfsmi.org>

Subscribe to Mealtime Memo for Child Care online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.



Balanced Nutrition for Pre-School Children from the Meat/Meat Alternate Food Group

Foods in the meat/meat alternate group provide protein, iron, B vitamins (thiamin, riboflavin, niacin), and other nutrients. Meats, poultry, fish, eggs, cheese, dry beans and peas, yogurt, peanut butter, and other nut butters are included in this group. Let's learn how to make healthy choices within this food group.

Variety and **moderation** are two principles of dietary guidance that should be used in meal planning.

Variety: serving many different kinds of foods from the food groups. Planning meals with **variety** helps children meet nutrient needs for growth and health.

Moderation: limiting the number of times foods high in fat, sugar, or salt that are served to children. Planning meals with **moderation** allows you to sometimes include foods higher in fat, sugar, or salt but to usually serve foods that are not.

In the meat/meat alternate group, nutrient dense choices include:

- Lean meats, such as pork tenderloin, chicken breast, beef sirloin
- Dried beans and peas
- Fish
- Lowfat yogurt



- Nuts and nut butters—Although nuts and nut butters are high in fat, the fat in these foods is heart healthy.

High-fat foods in the meat/meat alternate group that should only be served occasionally include:

- Sausage
- Bacon
- Luncheon meat (other than lowfat)
- Fried foods

Tip: Try using meats in combination with vegetables such as in soups and stir-fries. For example, the featured recipe this month provides an example of using beef with vegetables in a stir-fry.

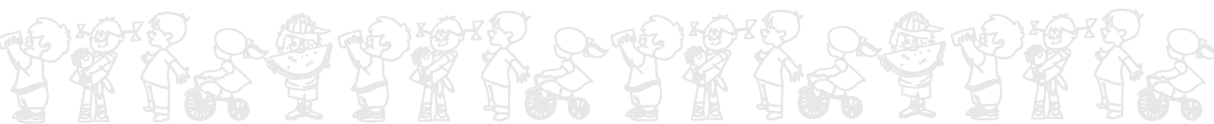
Try the ideas below for serving a variety of foods from the meat/meat alternate group at lunch:

Dried beans and peas: Bean Burrito (D-21A)*, Bean Soup (H-08)*, Bean Taco (D-24A)*, Split Pea Soup (H-02)*, Refried Beans (I-13)*, or Lentil Soup (H-07)*

Lean meats: Chicken or Turkey Vegetable Soup (H-11B)*, Chicken Pot Pie (D-11)*, Pork Stir-Fry (D-18B)*, or Beef Stir-Fry (D-18A)*

Fish: Tuna Melt (F-01)* or Fish Nuggets (D-09A)*

Other choices: cottage cheese, natural or processed cheese, egg, nuts or nut butters, lowfat yogurt



Mealtime Memo FOR CHILD CARE

Beef Stir-Fry D-18A*

Cornstarch	¼ cup 3 Tbsp	Beef stock, non-MSG	1 qt
Water, cold	½ cup	Vegetable oil	¼ cup
Low-sodium soy sauce	½ cup	Fresh onions, chopped	2 cups
Ground ginger	¼ tsp	Fresh broccoli, chopped OR	1 gal 1 ⅛ qt OR
Granulated garlic	1 Tbsp 1 ½ tsp	Frozen mixed Oriental	2 qt 3 ⅛ cups
Ground black or white pepper	1 tsp	vegetables	
Fresh carrots, peeled, ¼" slices carrots OR	2 qt 1 cup	Raw skinless, boneless beef top round, ½" cubes	5 lb 2 oz
Frozen sliced carrots	3 qt	Vegetable oil	½ cup

Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper. Heat beef stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. Cook for 3-5 minutes, until thickened. Remove from heat. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for 1 minute. Add broccoli and cook for 2 minutes. Place in two serving pans (9"x13"x2"). Keep warm. Sauté beef in oil for 2-3 minutes. Add beef to vegetables in pans. Add sauce and mix to coat beef and vegetables. Heat to 165° F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher. Portion with 2 rounded No. 10 scoops.

Number of servings: 25

Serving size: ¾ cup 1 Tbsp (2 rounded No. 10 scoops) provides the equivalent of 2 oz cooked lean meat and ⅝ cup of vegetable.

Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Lentil Soup H-07* Steamed baby carrots Pear slices Cornbread Milk	Tuna salad Carrot sticks Fruit and gelatin** Wheat crackers Milk	Beef Stir-Fry D-18A* Rice Pineapple chunks Milk	Oven-Bake Chicken D-29* Steamed broccoli Potato wedges Wheat roll Milk	Chili Con Carne D-25* Mexicali Corn I-15* Peach halves Wheat crackers Milk

*USDA *Recipes for Child Care*. Available online at www.nfsmi.org

** Must contain enough fruit to meet a fruit/vegetable component.

Sources:

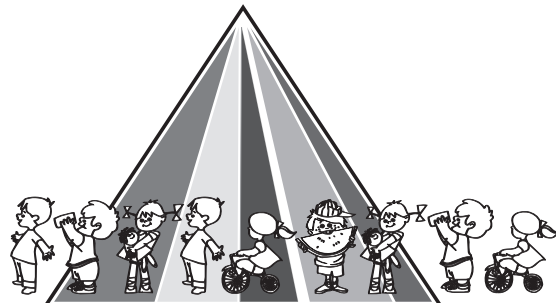
National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.

U.S. Department of Agriculture, Food Nutrition Service, & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved February 28, 2007 from <http://www.nfsmi.org>

Subscribe to *Mealtime Memo for Child Care* online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.



Balanced Nutrition for Pre-School Children from the Grains/Breads Food Group

Foods in the grains/breads group provide fiber, iron, and some B vitamins (thiamin, riboflavin, niacin). Breads, hot and cold cereals, crackers, muffins, pasta, pancakes, and waffles are included in this group. Whole grains and breads form the foundation of a healthy diet. Choosing healthy, whole grain or enriched choices from the grains/breads group can help children learn to make healthy selections.

Remember to use the principles of variety and moderation in menu planning.



- **Variety** means serving many different kinds of foods from each food group.
- **Moderation** means limiting the number of times foods high in fat, sugar, and salt are served to children.

Here are some tips for using the principles of variety and moderation in choosing foods from the grains/breads group.

Excellent choices in the grains/breads group include:

- Whole-grain or enriched breads
- Whole-grain cereals
- Oatmeal
- Whole-grain waffles and pancakes
- Whole-grain muffins

- Whole grain crackers
- Pasta

High-fat foods in the grains/breads group that should only be served occasionally include:

- Doughnuts
- Pastries
- Pie crust
- Biscuits
- Croissants

Try these ideas for serving a variety of foods from the grains/breads group at each meal

Breakfast choices: hot or cold cereal, Applesauce Pancakes (A-05)*, Baked Whole Wheat Doughnuts (A-07)*, muffins, waffles, French toast, Pineapple Scones (A-01)*, or English muffins

Lunch choices: rice, whole wheat bread or roll, tortillas, couscous, bulgur, Corn Muffins (A-02)*, or pasta

Snack choices: Whole Wheat Muffin Squares (A-11A)*, Banana Muffins (A-04)*, graham crackers, wheat crackers, or pita bread



Mealtime Memo FOR CHILD CARE

Oven-Baked Whole Wheat Pancakes A-06A*

Whole wheat flour	1 ½ cups	Frozen whole eggs OR	½ cup OR
Enriched all-purpose flour	1 ½ cups 1 Tbsp	fresh large eggs	3
Baking powder	2 Tbsp	Vegetable oil	¼ cup
Sugar	¼ cup	Lowfat 1% milk	3 cups
Salt	2 tsp		

Combine flours, baking powder, sugar, salt, eggs, oil, and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl. Mix for 1 minute on medium speed until batter is smooth.


Pour batter into one half-sheet pan (13"x18"x1") which has been lightly coated with pan release spray. Bake until golden brown. Conventional oven: 450 °F for 10 minutes; Convection oven: 400 °F for 8 minutes. Cut 5 x 5 (25 pieces).

Number of servings: 25

Serving size: 1 piece provides the equivalent of one slice of bread.



Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Oven Baked Whole Wheat Pancakes- A06-A* Orange juice Milk	Oatmeal with Banana slices Milk	Peanut butter toast Orange sections Milk	Toasted banana bread slices Fresh strawberries Milk	Waffles Pear halves Milk 

*USDA *Recipes for Child Care*. Available online at www.nfsmi.org

**Sunflower butter may be substituted for peanut butter.

Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.

National Food Service Management Institute. (1997). *What's Cooking*. University, MS: Author.

U.S. Department of Agriculture, Food, Nutrition and Consumer Services. (2005) *Using the Food Guide Pyramid*. Retrieved February 28, 2007, from <http://www.nal.usda.gov/fnic/Fpyr/guide.pdf>

U.S. Department of Agriculture, Food Nutrition Service & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved February 28, 2007, from <http://www.nfsmi.org>

Subscribe to *Mealtime Memo for Child Care* online at www.nfsmi.org and receive the link to download the newsletter via e-mail each month!!

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through a grant agreement with The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

For more information, contact NFSMI at 800-321-3054 or www.nfsmi.org.